

Women

Lena Caroline McLure, Women's Editor, Phone 8508

Page The Guardian Thursday, May 9, 1957

HAPPENINGS

Senator Elsie Inman and Commander and Mrs. W. R. Inman have as their guests in Ottawa, Mr. and Mrs. Walter Beer, Montague.

Mrs. W. G. Bruce, Water Street, has been widely entertained prior to her European trip. Mrs. Bruce leaves Charlottetown Sunday, May 12, for Quebec, where she will sail Tuesday, May 14, on the Arosa Sun for Bremenhaven, Germany. Mrs. Bruce will be away for five months. She will be visiting her son-in-law and daughter, Major and Mrs. Carl J. Smith and their four children, Gail, Bill, Kent and Wendy.

Mrs. J. F. Hobbs, Kent Street, entertained at three tables of bridge for Mrs. Bruce.

Mrs. W. T. Weir, West Street, had the afternoon bridge club at her home in honor of Mrs. Bruce.

Mrs. George R. Keefe entertained at an informal and delightful luncheon for Mrs. Bruce at the Charlottetown Hotel.

Mrs. W. L. Garrett, 18 Upper Prince Street, was another hostess entertaining for Mrs. Bruce.

Mrs. George R. Greenough, Water Street, entertained informally for Mrs. Bruce.

Mrs. Guy Dolling, Hillsboro St., entertained for both Mrs. Bruce and Mrs. Muriel Walker. The latter who is visiting here from Richfield, Minnesota, is the guest of Mrs. W. L. Garrett, 18 Upper Prince Street.

Mrs. L. A. MacDonald, Harland Apartments, will entertain Thursday in honor of Mrs. Bruce.

Mrs. Sidney Stead, Harland

Apartment, is entertaining Friday evening at one of the final parties for Mrs. Bruce. All these bon voyage parties were very pleasant jolly affairs and many lovely gifts for her trip were presented to Mrs. Bruce.

Mrs. Frank Walker, Euston St., has returned from an enjoyable visit to New Glasgow, Nova Scotia. She was visiting her son-in-law and daughter, Mr. and Mrs. James Gaudet and grandchildren, Marlene, Lynn, Valerie and Ronald. Mrs. Walker and family will be making their home in Sydney, where Mr. Gaudet has been appointed to a most responsible position.

Teen-agers who were a great help in serving at the Spring Bonnet Tea were Miss Patricia Laurie, Miss Caro Ann Blanchard, Miss Helen Dowling and Miss Eileen MacMillan, all daughters of members.

Mrs. Ramsay Auld, who has been visiting Dr. and Mrs. Benson Auld, Halifax, has not returned for the summer months to her home in West Covehead.

Mr. and Mrs. Walter Auld had as their guest for the past week, Mrs. Auld's aunt, Mrs. W. W. Thompson, of Winnipeg, Manitoba. The latter will return with Mr. and Mrs. Harold Little to Wentworth Centre, Nova Scotia.

Mr. and Mrs. Harold Little, Wentworth Centre, Nova Scotia, were guests of honor at a reception held at the home of Mr. and Mrs. Wilfred Thompson's residence, Dunstaffnage.

Mr. George MacPherson Jr. has returned home, from a very pleasant holiday to Hamilton, Ont., where he visited his three brothers and his sister. He returned via Lewiston, Maine, where he visited another sister, Sr. St. Catherine Georgina of the Congregation of Notre Dame.

KEEP IN TRIM

Now And Then Dieter Will Have Stress And Strain

By IDA JEAN KAIN
The big question today is how to deal with stress and strain. Without doubt, there is more tension in our time than there was a few decades ago. On the surface this does not tally with our shorter work week and the more leisurely existence made possible by work saving devices. Here it is... we now lead more sedentary lives, and therein lies our trouble. According to experts, it is the lack of exercise in modern living that is back of increased stress.

How do tensions relate to exercise? Dr. Ernest D. Michael, in a magazine entitled *Alumination*, explains it this way: There are daily irritations that are tension makers, and physical activity is needed to alleviate this tension. There is a psychological reason for this — when certain general stresses are repeatedly placed on the body, either emotional or physical stresses, the body sets up a reaction to these shocks.

DONE BY EXERCISE
It combats them with a counter-shock mechanism of adaptation through certain glands within the body. Dr. Michael explains that you have to stimulate this mechanism of adaptation-to-stress with exercise. Such exercise should be regular, but not three times a day, and strenuous but not overly tiring.

To combat ire, annoyance and anger, Dr. Michael suggests walking and swimming, because these require rhythmic movement and use many muscles. About half an hour is recommended.

Dr. Paul Dudley White, noted heart specialist, points out that exercise is important for more reasons than the obvious muscle toning and help toward weight control. "When you get really physically tired, you don't have stress," he explained.

In discussing the role of exercise in relation to heart disease at the American Public Health Association convention, Dr. White stated that although there are based on his own clinical judgment and exercise, he felt certain that regular exercise will be found to be an important factor in relieving stress.

On the weight score, here's a thought: Add a brisk walk to your daily routine. For the man or woman who is putting on an additional five pounds a year, this is the perfect weight control measure.

In any exercise program, the key word to remember is moderation. Select the form of exercise you enjoy—and you'll feel doubly good.

VERNON W. I.

Mrs. Lloyd Furness, vice-president, presided at the April meeting of the Vernon W. I. which was held on April 2, at the home of Mrs. Clifford Lea. Meeting opened with the Creed repeated in unison. Roll call was answered by 7 members. Due to the inclement weather and bad travelling conditions, the secretary, was unable to be present and the minutes of the previous meeting were not available.

A very favourable report of the Shur-gain Concert was given by the committee but at time of meeting the definite amount of the proceeds had not been arrived at. Some of the Red Cross volunteers handed in their collections but

at this time collecting had not been completed. An order for 25 cases of cans is to be sent in immediately.

Mrs. Clifford Lea and Mrs. Gordon Crane were appointed to attend a meeting in Mt. Mellick school to plan for our district convention. Collection for the evening was 80 cents. After a most delicious lunch was served by the hostess, assisted by Mrs. Everett MacDougall, a pleasant hour was spent in watching some favorite television programmes.

MERE MIMICS

Even the best-talking parrots are only repeating what are, to the birds, a series of senseless sounds.

CONFIDENTIALLY YOURS

—By Byrne Hope Sanders



MONTREAL, May 9th—I just have to tell you about my latest discovery! It's a complete new kind of coconut—BAKER'S ANGEL FLAKE COCONUT. Not shreds—but tender-thin, light, dewy-fresh flakes that melt in your mouth. As for flavor—Baker's Angel Flake Coconut tastes fresh—as if you'd picked the ripe coconut and grated it yourself. Makes ordinary cakes extraordinary. An exciting new "Cut-Up Cakes" book that tells how to make unusual party cakes without special pans. The Baker's Angel Flake Coconut package tells you how to get yours. I'd suggest you get a package of Angel Flake right away and send for your book. I already have mine!

EVERYONE KNOWS THAT DOGS COME IN MANY BREEDS, shapes and sizes... but there is one thing every dog has in common—the need for a complete, nutritionally balanced diet every day. Poor feeding is the major cause of dog illnesses. Like humans, a dog must have a daily supply of vitamins, minerals, proteins and other essential food elements to keep healthy, happy and in good condition. **THE BEST way I know of providing your dog with all these things. This veterinarian prepared formula was developed to give your dog the best diet possible and nothing but the best is good enough for your best friend.** So, next time you shop, better get Dr. Ballard's Champion Dog Food... Regular, Chicken and Liver Flavours.

ONE-THIRD OF A HOME—WASTED! That's what we've all seen time and again with an old-fashioned basement and out-dated heating equipment. It's truly surprising how inexpensive it is to install a modern heating unit—and then modernize this valuable area of the house—for a recreation room, workshop and an attractive laundry. You can "live modern" right where you are—thanks to today's developments in heating and plumbing. I've written a book, which has been beautifully and colorfully illustrated, for the CANADIAN INSTITUTE OF PLUMBING AND HEATING which will send you FREE! I really think you'll find it most helpful. Just write C.I.P.H., Dept. 10, 550 Sherbrooke St. W., Montreal.

OUR COMING HOME is always a lively occasion for our beautiful budgee, Sir Isaac. He never fails to chirrup his delight and swing on his perches frantically. BROCK'S BUDGIE SEED, one of the 5 Basic Brock's Products, keeps Sir Isaac in perfect condition, always. I wish every home could know the joy of a budgee!

PREVENTION may well be the best cure, but for many of us it's just a phrase that is not so easily said than practiced. Unfortunately, the truth of it is fully realized only after misfortune has struck. "If only I had done this, that, or the other thing..." is the all-too-familiar substitute for lack of foresight. Suppose your own family income was suddenly cut in three to accident or sickness. If you're smart you have insurance to cover such emergencies. But what about the hundreds of other expenses that crop up when the breadwinner isn't earning? That's when money in the bank could spell real peace of mind, and that's why thousands of far-sighted Canadian families today have special "emergency" Savings Accounts at the BANK OF MONTREAL. Start your "rainy day" savings fund today, at "My Bank". You'll like saving at Canada's First Bank.

LUCKY, LUCKY US! What a satisfaction to be able to have a pantry array of the pure fruit jellies made by SHIRRIFF... ready to give the final touch of perfection to meats... and desserts... grand on toast to meats... Look at this tempting lineup of fresh-fruit flavors—each one so very clear, so very bright, and flavorsome... Crabapple, Grape, Red Currant, Black Currant, Strawberry, Snow Apple, Mint and Cranberry Sauce. Each flavor is packed in an attractive drinking glass containing 9 fluid ounces of the purest jelly—no added pectin or flavoring. Shirriff's have long held women's admiration for the true, fresh-fruit flavor of their fine jellies. Order some today, do!

IT'S REALLY STUNNING! I'm writing about the new Royal Dutch Stainless Steel Flatware, that you can get at a wonderful saving, through LIPTON SOUPS. Save your pennies from all the delicious varieties of these delectable soups—and ask your grocer about the big offer! You'll find that Lipton Chicken Noodle will become the favorite soup of your family—and your guests. It has the most delicate flavor—a hearty appetite appeal, too. It's a dream served "straight"—or you can use it as the base for chicken sauces, and vegetable casseroles. Get some today—and ask your grocer about that exciting offer!



LOVELIEST DAY... OF ALL

Happy Mother's Day

SUNDAY — MAY 12

A DAY TO BE SMARTLY DRESSED IN THE HEIGHT OF FASHION REMEMBER MOTHER WITH A GIFT

We cordially invite you to view them

LINGERIE GLOVES HOSIERY
HANDBAGS DRESSES SWEATERS etc.

THE GLORIA

155 Great George Street
Phone—4714

BONUS Sale



Free!

5 GENERAL ELECTRIC Steam Irons—21.50 Value

Given away absolutely Free! Easy to enter. Full details in our store. Drawings every second day. Join in our "10 DAY TREASURE TROVE OF VALUES" and win one of these beautiful GENERAL ELECTRIC STEAM IRONS.

OPEN FRIDAY & SATURDAY TILL 10 P.M.
WEDNESDAY TILL 6
FREE DELIVERY CHARLOTTETOWN PARKDALE AND SPRING PARK

10 DAY TREASURE TROVE OF VALUES

WE ARE OFFERING OUR HIGH QUALITY MEATS AT REGULAR LOW PRICES.

COD FILLETS, lb. . . . 19c

FRESH ROASTING PORK, lb. . . . 49c

RIB ROAST BEEF, lb. . . . 49c

SHOULDER ROAST BEEF, lb. 45c

MAPLE LEAF BACON, Rindless, 1/2 lb. pkg. 45c

MAC & CHEESE LOAF, lb. . . 49c

HEINZ Ketchup The Best Money Can Buy 11 oz. Bottle 25c

BEST FOR ALL YOUR FRYING



25c lb. print

NEW! Robin Hood DEEP PUDDING MIXES

with BAKED-IN SAUCE

4 DELICIOUS FLAVOURS APPLE • CHOCOLATE LEMON • CARAMEL TRY THEM ALL!



4 DELICIOUS FLAVOURS

APPLE • CHOCOLATE LEMON • CARAMEL TRY THEM ALL!

27c

EXTRA SPECIAL TALISMAN—24 OZ. CRABAPPLE JELLY ORANGE MARMALADE

3 for 1.00



YORK—28 oz. TOMATOES, 2 for 65c

MAPLE LEAF MINCEMEAT . . 49c

YORK—48 oz. Tomato JUICE . . 39c

YORK DICED—20 oz. CARROTS, 2 for . . 29c

YORK DICED—20 oz. BEETS, 2 for . . . 29c

YORK—20 oz. PEACHES, 2 for . . 63c

YORK—20 oz. PEARS, 2 for . . . 45c

YORK—20 oz. PLUMS, 2 for . . . 39c

YORK—20 oz. Cream CORN, 3 for 59c

YORK—20 oz. PEAS & CARROTS 27c

YORK—20 oz. WHOLE BEETS . . . 25c

YORK—14 oz. CORN KERNEL, 2 for 39c

YORK—20 oz. Weiners & Beans . . 33c

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HEINZ Fresh Pack CREAM OF TOMATO SOUP 10 OZ. TINS 3 FOR 39c

PEKOE TEA, lb. bag . . . 83c
SALADA—100 TEA BAGS . . . 1.09
RED ROSE COFFEE, 1 lb. can 1.09
JIFFY CHOC. DRINK . . . 59c
1 LB. PKG. FILLED COOKIES . . . 39c
KO-KO ROOMS . . . 53c
FOR SANDWICHES KAM, can . . . 49c

PORK & BEANS YORK 20 OZ. 2 for 39c

JOHNSON'S HARD GLOSS QUART SIZE WITH FREE RAIN HOOD 1.09
OGILVIE 25 LB. BAG ONLY 1.65

PLUS 2 CHANCES TO WIN AN ELECTRIC CLOCK ON EVERY BAG YOU BUY. PLUS—1 CHANCE 7 LB. BAG 59c



Colgate beauty soap

1/2 PRICE SALE BUY ONE GET ONE AT HALF PRICE

LARGE PKG.

AJAX FOAMING CLEANSER 2 for 29c

PASTE WAX SHINOLA . . . 37c
GIANT BLUE BREEZE 73c

EXTRA GOOD with KAM 6 oz. Jar 2 for 25c

Farm-Fresh Produce

FLORIDA—2 DOZ. ORANGES 79c
5 LB. BAG APPLES 65c
LARGE GRAPEFRUIT 4 for 35c
FIRM RIPE BANANAS . . lb. 23c
LEMONS . . . 4 for 23c
TASTY PARSNIPS . 2 lbs. 23c

FROZEN FOODS

Fish Sticks 39c
YORK Orange Juice 2 for 39c
McCain FRENCH Fries 19c
Strawberries, tub 45c

Perfection Orange Am. /s/ia ICE CREAM 1/2 gal. 98c



MAPLE LEAF— DOZ. Grade A Eggs 45c

BAKER'S Choc. Chips 25c



TO ALL MOTHERS HAPPY MOTHERS' DAY

DAILY PATTERN



4652 10-20
by Anna Adams
EASY-SEW ENSEMBLE
Scallops add a cool pretty touch to this summery ensemble! Scalloped neckline on the graceful dress—scalloped sleeves on the party little bolero. A joy to sew, with our PRINTED Pattern!

Printed Pattern 4652: Misses' Size 10, 12, 14, 16, 18, 20. Size 16 dress requires 4 1/2 yards 36-inch fabric; bolero 1 1/2 yards. Printed directions on each pattern part. Easier, faster, accurate.

Send FIFTY CENTS (50 cents) to order to ANNE ADAMS, care of Charlottetown Guardian, 61 Front St. E., Toronto, Ont.



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